Recreater February-March 2013

Recreation, Sports & Leisure Brochure



YOUTH

Ant

CERAMICS AND GLASS

We will learn techniques that use the Cricut, stamps, specialty glazes, glass, and much more to decorate pottery. Projects may include a vase, platter, pitcher, and tissue box. We will also learn to fuse glass to create a stunning glass candy dish! Bring \$80 to first class for supplies.

10+ yrs/ 5 wks / \$40 (+\$80 fee) Firehouse Pottery and Arts

17187 Sat. 1/12 10:00 am-Noon **17188** Sat. 2/23 10:00 am-Noon

HAND-BUILDING CLAY **TECHNIQUES**

Explore the world of clay and glazes during this class. Participants will learn hand building clay techniques. Glazing, scoring, sgraffito, stamping, and 'sprig' molds will be used to decorate pieces made in class. Bring \$30 to first class for supplies.

8+ yrs/ 5 wks / \$70 (+\$30 fee) Firehouse Pottery and Arts **17183** Wed, 2/20 5:30-6:45 pm **17184** Sat, 2/23 11:00 am-12:15 pm

YOUNG ARTIST SERIES

Budding young artists will learn about famous artists such as Kandinsky, Monet, and Van Gogh. Each week participants will create their own masterpiece that reflects the style of the artist. Participants will use ceramics and glass as their canvas. Bring \$60 to first class for supplies. 8+ yrs/ 5 wks / \$40 (+\$60 fee) Firehouse Pottery and Arts **17186** Sat. 2/23 1:00-3:00 pm

"These materials are neither sponsored by nor endorsed by the Board of Education of Frederick County, the superintendent, or this school."

KIDZART

KidzArt is a drawing based educational program proven to build self confidence through artistic expression in a fun and positive environment. Please bring \$30 supply fee to first class. 5-10 yrs / 6 wks / \$55 (+\$30 fee) Deer Crossing Rec Center **17082** Tue. 3/5 4:30-5:30 pm **17083** Tue. 3/5

Basketball Prep

Children will review the skills associated with Basketball focusing on skill development, game rules, and small-sided games to help reinforce the skills they have learned.

5:45-6:45 pm

5-6 yrs/ 5 wks/ \$29 Oakdale Rec Center **16681** Wed, 2/27 4:30-5:15 pm Deer Crossing Rec Center **16691** Fri, 3/1 4:30-5:15 pm

6-8 yrs/ 5 wks/ \$29 Oakdale Rec Center **16698** Wed, 2/27 5:30-6:15 pm Deer Crossing Rec Center **16706** Fri, 3/1 5:30-6:15 pm

Baton **BATON**

TWIRLING Fundamental baton and dance technique is introduced to kids in this

introduction to baton twirling. Batons are available at a reduced cost from the instructor.

4-12 yrs/ 6 wks / \$45 Deer Crossing Rec Center **17199** Tue, 3/12 4:45-5:30 pm

Dance

MINI-ROCKETTES

Learn basic tap steps, combinations, and some of the secrets of the famous Radio City Music Hall Rockettes, from mastering the kick line to uniformity.

6-9 yrs/ 4 wks / \$45 Spring Ridge Dance Center **17104** Mon, 3/4 5:30-6:30 pm

Fitness

NEW! SOOLAH'S HOOPS SPRING BREAK

Join Soolah as she hosts a fun hoop camp for children to create their own hoop, explore exercise, games, movement and play! Fee includes hoop making materials! Be sure to bring a water bottle and wear comfortable, natural fiber clothing that allows freedom of movement.

6-10 yrs / 3 day / \$90 Oakdale Rec Center **17115** M-W (4/1-4/3) 9:00 am-3:00 pm

YOGA FOR KIDS

This class is for children to practice more independent yoga poses while working on the basics of balance, motor coordination and sensory regulation.

6-8 yrs / 6 wks / \$45 Browning Building **17121** Mon. 3/11 4:30-5:20 pm **17123** Mon, 3/11



Football

FLAG FOOTBALL PREP

Children will review the skills associated with flag football focusing on skill development, game rules, and small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29

Oakdale Rec Center

16719 Thu, 2/28 4:30-5:15 pm

6-8 yrs/ 5 wks/ \$29 *Oakdale Rec Center* **16727** Thu, 2/28 5:30-6:15 pm

FREDCO FOOTBALL CLINICS

Children will be broken down into age appropriate groups and will work on position specific fundamentals, through drills and various training techniques used to enhance athletic performance. This is a minimal to non-contact camp but we will provide your child with a mouth guard at the first session. Pads are not worn for any of these camps; shorts and breathable tees are a must. No cleats. Athletes must wear athletic shoes and bring a water bottle. Kids taking both clinics will receive a \$10 discount.

OFFENSIVE THREAT

QB and Receiver Combine Become a game-breaker!! Stances, footwork, throwing, QB drop, receiving, route running techniques and stamina training.

7-11 yrs / 4 wks / \$44Deer Crossing Rec Center **16728** Wed, 3/13 4:30-5:30 pm

DEFENSIVE TECHNIQUES

DB / LB / DL Combine
Defense wins games!! Fundamental
skills to advanced techniques.
Defensive drills, game-play situations
and stamina training incorporated.

7-12 yrs / 4 wks / \$44Deer Crossing Rec Center **16729** Wed, 3/13 5:30-6:30 pm



Multi-Sports

SPORTS BONANZA

Our coaches will teach your children how to catch, throw, kick and other skills while playing basketball, tee-ball, soccer and more.

4-5 yrs / 5 wks / \$29 *Oakdale Rec Center* **16763** Tue, 2/26 4:30-5:15 pm

6-7 yrs / 5 wks / \$29 *Oakdale Rec Center* **16764** Tue, 2/26 5:30-6:15 pm

Soccer Prep

Children will review the skills associated with Soccer focusing on skill development, game rules, and small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29Deer Crossing Rec Center **16776** Wed, 2/27 4:30-5:15 pm

6-8 yrs/ 5 wks/ \$29Deer Crossing Rec Center **16788** Wed, 2/27 5:30-6:15 pm

Tennis

FREDCO SPORTS - QUICKSTART TENNIS

This QuickStart Tennis is an exciting new format for learning tennis, designed to bring kids into the game by utilizing specialized equipment and shorter court dimensions.

5-8 yrs / 6 wks / \$35 Deer Crossing Rec Center 16793 Thu, 2/28 4:15-5:00 pm

QUICKSTART TENNIS

Quickstart tennis works by getting kids into the game immediately. Within the first hour of stepping onto the court, they are playing, rallying and moving around and having fun! We scale the courts down to their size and use junior size racquets.

4-6 yrs / 3 wks / \$62West Winds Tennis Center **16800** Sun, 3/10 10:00-11:00 am

YOUNG BEGINNERS TENNIS

Our certified professional instructors will continue to develop eye-hand coordination and begin stressing better technique and understanding how the game is played.

7-9 yrs / 4 wks / \$82

West Winds Tennis Center

11:00 am-Noon

LOW INTERMEDIATE TENNIS

Our certified professional instructors work on more advanced instruction and stressing form and strategy, our players learn the tools necessary to play on a junior league tennis team.

10-13 yrs / 4 wks / \$82

West Winds Tennis Center

16811 Sun, 3/10 9:00-10:00 am

Volleyball

16808 Sun, 3/10

"GO GET IT" INTERMEDIATE

This program is for those with prior volleyball experience, who want to continue learning the game of volleyball. This class builds on basic skills and introduces more advanced of offensive and defensive techniques into game play. Come out to work hard and have fun playing volleyball!

10-16 yrs / 6 wks / \$59Deer Crossing Rec Center **16812** Thu, 3/21 5:30-7:00 pm

PRESCHOOL

Dance

PRINCESS BALLET

Your little Princess will learn the correct French terms for ballet steps while mastering plie', tendu', and beautiful arabesque. Tiaras, fairy wings and wands are just some of the props used.

3-5 yrs/ 4 wks / \$45 Spring Ridge Dance Center **17026** Wed, 3/6 10:00 -11:00 am

DANCE ME A STORY

Learn basic ballet movements with correct French terms. String steps together to make choreography and listen to a ballet story. Dancers will also make a tutu to take home and will perform at the end of the period. \$10 materials fee due at the first class

3-5 yrs/ 4 wks / \$45 (+\$10 fee)Spring Ridge Dance Center **17028** Mon, 3/4 9:30-10:30 am



Sports

INDOOR TEE-BALL SKILLS FOR PRESCHOOLERS

Designed for tikes to begin learning the fundamentals of tee-ball and teamwork in a fun, social setting. Mini-skill stations and small games will keep them wanting more. Bring a glove. Fee includes a shirt. This is not a league although small scrimmages may be played. Parent participation is required for some activities.

4-5 yrs / 5 wks / \$40 Oakdale Rec Center

17166 Fri, 3/1 4:30-5:15 pm **17167** Fri, 3/1 5:30-6:15 pm

Martial Arts

LITTLE TIGERS

Introduce your child to Okinawan Shorin-Ryu Karate through a series of fun-filled games and exercises. Little Tigers develops the 5 attributes of Awareness, Focus, Participation, Respect, and Shorin-Ryu techniques. Karate helps to promote speed, strength, flexibility, agility and coordination through the practice of blocks, strikes, punches, kicks, and tumbling. A fee of \$12.00 for insurance is due at the beginning of the first class. A uniform may be purchased from the instructor for an additional fee.

3-5 yrs/ 8 wks / \$120 (+\$12 fee)Spring Ridge Dance Center **17004** Tue, 3/5 11:00 -11:45 am

FIERCE FEMME WARRIORS

Girls and women will be empowered by this introduction to personal violence prevention. Develop the essential verbal, physical, and awareness skills to avoid and escape from dangerous situations. A fee of \$12 for insurance is due at the beginning of the first class. A uniform may be purchased from the instructor for an additional fee.

8-11 yrs/ 8 wks / \$120 (+\$12 fee) Spring Ridge Dance Center 17001 Sat, 3/2 2:00-3:00 pm

12+ yrs/ 8 wks / \$120 (+\$12 fee)Spring Ridge Dance Center **17002** Sat, 3/2 3:00-4:00 pm

INTRO TO KRAV MAGA – SURVIVAL ON THE STREETS

Hand to Hand defensive techniques used by Israeli Special Forces. No experience necessary. A \$12 insurance fee is due at the beginning of the first class. A T-shirt may be purchased from the instructor for an additional fee.

18+ yrs/ 8 wks / \$120 (+\$12 fee)

Spring Ridge Dance Center

17006 Sat, 3/2 5:00 -6:00 pm

Fitness

MIGHTY FIT YOGA

Physical postures integrated with the breath to release tension, promote strength, flexibility of body, mind, and emotions are practiced in this class. Modifications will be made to ensure the success of all participants. Yoga can alleviate many common problems that leave you feeling tired and drained of energy. Please join us for this 6-week program. A paying adult must accompany participants under the age of 18 years.

12+ yrs / 6 wks / \$60Oakdale Rec Center **16881** Tue, 3/12 6:30-7:30 pm



SOOLAH'S HOOP BODY SCULPT CLASS

Get started on vour fitness Resolution with Soolah's Hoop Body Sculpt Class! This popular class is a hit with those who are focused on fitness! What a fun way to take care of yourself with weekly healthy activity. Build your core strenath, tone your body, burn 400 -600 calories per hour, reduce your stress and calm the mind, get a good cardiovascular work-out and increase your energy while having fun.

18+ yrs / 6 wks / \$90

Deer Crossing Rec Center
16978 Tue, 3/12 7:00-8:00 pm
(Hoop Dance)
16977 Thu, 3/14 7:00-8:00 pm

ZUMBA

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. No previous aerobic or dance experience necessary. No rhythm? No problem...Just come...move fast...have FUN...you'll see!

14+ yrs/ 6 wks / \$30 Deer Crossing Rec Center Instructor – Megan H.

16902 Thu, 3/7 7:00-8:00 pm Instructor – Katie L.

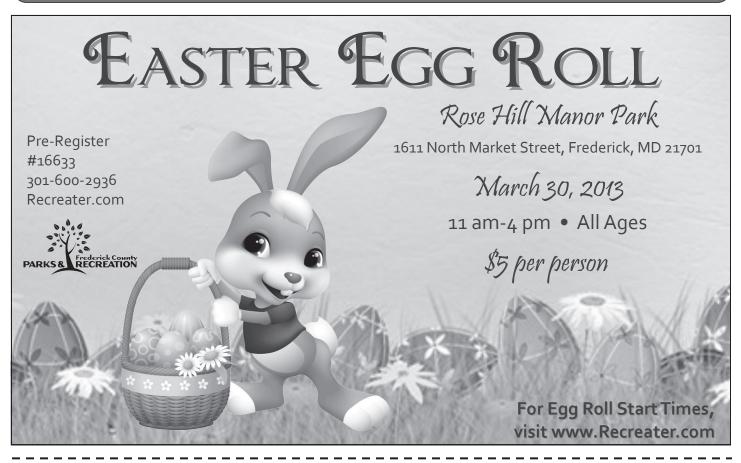
16961 Wed, 3/6 4:00-5:00 pm **16900** Wed, 3/6 6:45-7:45 pm

Liberty Elementary Instructor – Melissa B. **16899** Tue, 3/5 7:00-8:00 pm

Oakdale Rec Center Instructor – Kelli F. 16921 Sat, 3/9 9:00-10:00 am Instructor – Megan H. 16959 Sun, 3/10 9:00-10:00 am

Spring Ridge Elementary Instructor – Nichole T.

16926 Thu, 3/7 7:00-8:00 pm **16925** Tue, 3/5 7:00-8:00 pm



Frederick County Division of Parks and Recreation REGISTRATION FORM

Mail: FCDPR, 118 North Market St., Frederick, MD 21701 (Please make check payable to Frederick County Treasurer)

By Phone: 301-600-2936 **Fax:** 301-600-2595

Parent/Guardian Name (if participant is un	der 18 years	of age)				
Address	City		_State	Zip		
			E-mail			
Emergency Contact Name			Emergency Phone			
Medical Conditions: Participant name:			Medical Condition:			
Participant's Name	Gender	D.O.B.	Program Name		Program Code	Fee
		1 1				\$
		1 1				\$
Attach additional registrations on a separate piece of paper if necessary					TOTAL DUE	\$
Credit Card (Visa, MasterCard, Discover)	Card #		_Exp. Date		We will notify y there is a prob change in the	olem or a

Waiver of Liability: By my signature below, I acknowledge that there are inherent risks and dangers associated with recreation program/s and therefore, I hold the Board of County Commissioners of Frederick County (BoCC) harmless from all claims for injuries, damage, or loss which may result from me or my child's participation in the program/s listed above. Further, in compliance with Maryland HB 858 and SB 771, I hereby acknowledge that I understand the risks of concussions in sports and am aware of the concussion information which is found at www.recreater.com

<u>Discipline Policy:</u> I understand that the Division has a discipline policy for conduct in recreation programs and facilities. In the event that I/my child is asked to leave a program/facility, I understand that the registration fee will not be refunded to me.

Authorization for use of Photographic Likeness: I agree to allow Frederick County Parks and Recreation to take and utilize photos, slides, and video images of the above registered individual/s for the purpose of promotion and publicizing of the Division's programs and/or events. If I prefer to not allow the above registered individual/s to be photographed, I will call 301-600-1684 to register my request.

Signature	Date

Refund policy: If you want to withdraw from a program, call 301-600-2936. All requests for refunds must be made 2-weeks prior to the start of the program. A \$4 processing fee will be charged for each participant per program refunded. All refund requests must be approved by the Recreation Superintendent. Refunds will be issued according to the original method of payment, unless payment was made by cash, then a check will be issued.